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Your essential daily news | WEEKEND, NOVEMBER 25-27, 2016

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The Jets' Jacob Trouba falls onto the Wild's
Eric Staal on Wednesday in St. Paul, Minn.
The Wild won 3-1. JIM MONE/THE ASSOCIATED PRESS



Pick yourselves up, Jets

Team looks to turn fortunes around in Nashville amid
brutal four-game losing streak **metroNEWS**

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Changes to child welfare lagging

INQUIRY

Three years after damning report, little has changed

Most of the recommendations from a public inquiry three years ago into the death of a five-year-old Manitoba girl in government care have not been implemented, the province's children's advocate said Thursday.

"We were very surprised," Darlene MacDonald said on the finding that less than one-third of the recommendations from the inquiry into Phoenix Sinclair's death have been enacted.

"Basically, the only reason I was given was some of them would take time, and with the processes that they were going through, they felt that some would take longer than others."

Phoenix was repeatedly neglected, abused and finally beaten to death in 2005 by her mother and her mother's boyfriend after she fell through the cracks in government care. The inquiry found social workers frequently lost track of her and closed her file without checking on her.

The inquiry report by retired judge Ted Hughes recommended a new central database to better track children in care, lower caseloads and better training for social workers. He also



Phoenix Sinclair in a photo released by the Commission of Inquiry looking into her death.

THE CANADIAN PRESS FILE

recommended more power for MacDonald's office and an independent body to investigate and report on problems.

Hughes said the province would have to address the fact that the vast majority of kids in care are indigenous.

The province has acted on 29 per cent of the recommendations, including better training of and education for child-welfare workers, MacDonald said.

Half the recommendations are

still works in progress, including reducing caseloads and setting up the information database. Social workers are still using an old system from the early 1990s.

Caseloads will only be reduced when the province finds a way to reduce the number of kids in care, MacDonald said. Manitoba has roughly 10,000 children in the system — one of the highest per-capita rates in Canada. It apprehends an average of one newborn baby a day.

Another 21 per cent of the recommendations have yet to be addressed.

The former NDP government introduced legislation to enact the changes, but failed to get it approved in the legislature before the provincial election in April.

The new Progressive Conservative government has promised to reintroduce the bill in the coming months.

THE CANADIAN PRESS

Family poverty rate high in Manitoba

Jessica Botelho-Urbanski
For Metro|Winnipeg

Manitoba clings to its sordid reputation as a province with one of the highest child and family poverty rates in Canada, according to a new report.

The news wasn't shocking for Joy Black, a single mother raising two teenagers, who's been living on income assistance and battling depression.

"I'm not living on assistance because I want to be living on

assistance. It's a necessity right now because of my son with his disabilities and my own mental health," Black told Metro.

"Sometimes I feel like I'm not a part of society — I'm on the outside looking in," she said. "You see what everybody else can afford and you're not one

of them, so you isolate yourself. So there's a lot of stress, a lot of depression, a lot of worrying."

The 2016 Manitoba Child and Family Poverty Report Card places Manitoba among the worst provinces, ranking second-to-last ahead of Nunavut in terms of having the worst child and family poverty rates. The data was culled from Statistics Canada.

Manitoba's child poverty

rate sits at 29 per cent, having bloated from 23 per cent in 1989 when the House of Commons put forth a resolution to end child poverty by the year 2000. The Canadian child poverty rate has also jumped since then from 15.8 per cent to 18.5 per cent in 2014.

"That's very disheartening because this is a problem we know how to solve," said Sid Frankel, associate professor in the faculty of social work at the University of Manitoba.

Frankel, who wrote the 2016 Manitoba report card, pointed

to Quebec and Newfoundland and Labrador as provinces that have improved their child poverty rates since 1989.

Past and present Manitoba governments haven't had the same resolve, he said, hence the subtitle of the 2016 re-

port card, "Hey, Mr. Pallister... Where's the plan to eliminate child and family poverty in Manitoba?"

"(As opposition leader) he took the NDP to task very effectively actually using our report card from last year," Frankel said. "But we have not seen him come forward with a plan... we've had two throne speeches and a budget and no mention of a child poverty reduction strategy."

29%

Manitoba's child poverty rate sits at 29 per cent, having bloated from 23 per cent in 1989 when the House of Commons put forth a resolution to end child poverty by the year 2000.

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3 THINGS TO DO THIS WEEKEND

Deck the halls at a Christmas craft sale or tune into a local Fleetwood Mac cover.

MICHELLE BAILEY FOR METRO



1 A musical tribute double-header

Got a thing for Tom Petty & the Heartbreakers and Fleetwood Mac? You'll be singing along to Go Your Own Way and You Wreck Me as several local bands pay homage to these two iconic musical sensations. Head to the The Goodwill Social Club (625 Portage Ave.) on Friday. Tickets are \$10 in advance (visit ticketfly.com) and \$15 at the door. Doors open at 9 p.m. and the show starts at 10 p.m.

THE ASSOCIATED PRESS

2 Craft lovers' paradise

For 37 years, the Signature Craft Show & Sale has drawn holiday shoppers like moths to a scented homemade candle. Admission is free for everyone at the RBC Convention Centre. Experience the works of over 150 artists, artisans and designers. From original jewelry to gourmet goodies, this is a good opportunity to get something special for the holidays. Weekend hours are Friday 11 a.m. to 9 p.m., Saturday 10 a.m. to 6 p.m., and Sunday 10 a.m. to 5 p.m.

PHOTO CREDIT: WIKIMEDIA

3 Christmas festivities in the French Quarter

If you're still craving a craft fix, come and peruse a Christmas market hosted by local artisans at the Saint Boniface Museum, 494 Tache Ave., Saturday from 11 a.m. until 6 p.m. Bring the kiddies for pictures with Santa and Mrs. Claus (1 p.m. until 4 p.m.), visit the children's reading space and enjoy hot chocolate, snacks and a bonfire. Details at msbm.mb.ca. Donations as admission welcome.



METRO FILE

Festival a catalyst for indigenous creativity

ARTS

Organizer says attendees return as filmmakers



Braeden Jones
Metro | Winnipeg

Now playing: The 15th annual Winnipeg Aboriginal Film Festival (WAFF).

Coming soon: More indigenous feature films.

Event organizer and documentary filmmaker Coleen Rajotte said the festival, which screens a wide selection of films, shorts and music videos made by indigenous filmmakers, has served as both the launching point and measuring stick for indigenous film in its 15 years.

"When we started we had four films in one day, and now, years later, we have about 50 films," she said. "And what we've also seen is there are more and more indigenous filmmakers."

According to Rajotte, attendees of past WAFF events in-

creasingly return with their own productions.

"We're proud we've showcased and helped the careers of so many filmmakers," she said. "If we didn't have the native film festival, where would people watch these works?"

In some cases, WAFF has formalized its role as a catalyst for creativity.

Five years ago, organizers partnered with Argyle High School to help 20 youngsters make short films.

"Of those 20 kids, four of them have gone on to film school," Rajotte said. "We have them as success stories in our program, telling their story about how WAFF mentored them to help them get their careers off the ground."

Rajotte said the kinds of films WAFF screens have gone through "sort of an evolution" as more indigenous filmmakers are getting into "the drama genre especially."

"People start out making documentaries, and then they slowly move into drama genre," she said. "It's harder to raise

DETAILS

The Winnipeg Aboriginal Film Festival is on this weekend, Nov. 24-27, at Towne 8 Cinema.

money to make drama, funding hasn't been there, but that's slowly changing."

She said two feature films at this year's festival were funded through programs that didn't exist a decade ago, which is "really encouraging."

With more funding available, she hopes movies like Whale Rider, a globally acclaimed indigenous-made film from New Zealand, will become more common in the near future.

"That's what we want to see in Canada one day, where big-budget films are made by native directors," she said. "We're lobbying for more money to be directed towards indigenous feature filmmaking in Canada.... That's what we want to see and it's going that way, so we're optimistic."

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Not grandma's theatre

CULTURE

Arts groups look to attract millennial audiences



Jessica Botelho-Urbanski
For Metro|Winnipeg

For local arts institutions, taking care of business means chasing the under-30 crowd to come to concerts, plays and ballets.

With attentions fragmented by an array of options, millennials may not gravitate to nights at the symphony or theatre, like their parents or grandparents.

Prairie Theatre Exchange's artistic director Bob Metcalfe calls it "the pick and choose generation" — a group attracted to personalized, immersive experiences. PTE is considering offering discounts for the under-30 sect next season, he said, but currently has a student pass for five shows for \$30, which can be used by one person or shared among friends.

"This conversation is going on in all of the arts circles," Metcalfe

said. "How do we reach people? Are we reaching them through the right venues or media? Because we're all really good at not reading ads anymore."

At Theatre Projects Manitoba, cheap tickets and modern programming are the keys to youth-skewed success, said artistic director Ardith Boxall.

TPM's current play, Beautiful Man, turns gender stereotypes on their heads.

"It's a play for right now because of what's on HBO, because of what's on Netflix, because of the shows that we're all watching and consuming right now," Boxall said. "It's brazen and it's cheeky and the language is blue. It's very appealing to younger people. That doesn't mean it's easy to get them out."

Organizing student nights at various venues around town helps draw millennials, she said, especially when there's an added value element, like audience talk-backs and chances to mingle with the crew pre- and post-show.

"I think young people like that. They like a more intimate experience," Boxall said.

She pegged the average theatregoer's age in Winnipeg as around 55-plus, which is about



Beautiful Man is running at the Rachel Browne Theatre and closes on Sunday Nov. 27. LEIF NORMAN PHOTO

the same for the Winnipeg Symphony Orchestra, said education and community engagement manager Brent Johnson.

Since 2011, the WSO has put renewed effort into its Sound-check program, aimed at engaging 15- to 30-year-olds. So far they've registered about

3,700 members, who can buy discounted tickets for \$15 each.

"There's a perception that the symphony's very inaccessible, although that's not actually the case. So this is a formal way of hopefully breaking down those barriers, both in terms of cost and accessibility," Johnson said.

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Dump trucks transport giant piles of snow in Regina, Sask. in March 2013. METRO FILE

Snow mountain to return to Kenaston

CITY POLITICS

Winnipeg to resurrect old dump that was closed in 2013



Stephanie Taylor
Metro | Winnipeg

Residents driving down Kenaston Boulevard this winter will notice the return of a giant mountain of snow.

The city confirmed on Thursday that snow clearing crews will use the Kenaston dump this season, despite council voting to close it permanently back in 2013.

Caspian Construction Inc. has

offered to buy the 13-acre site in order to build a new mixed-use commercial and residential hub.

On Thursday, Court of Queen's Bench Justice David Kroft agreed to an injunction being placed on the site until Sept. 20, 2017, which prevents the city from selling or transferring the property.

Caspian sought an injunction after a planning dispute arose with the city, where they alleged the city breached a 2014 agreement to sell them the land for \$5.2 million.

A hearing on the matter was held Thursday. The company has also filed a statement of claim.

In a signed affidavit, Caspian president Armik Babakhanians says the property is unique due to its size and location.

"It is the only land in this area of the size for this price (\$5.2 million). There is no other land

in the same area upon which Caspian could complete the proposed development."

Denise Pambrun, a lawyer with the city, said city hall is not actively seeking to sell or transfer the land as they intend to use it as a snow dump for the 2016-17 winter.

"Since the sale of the site has not concluded as anticipated, the site is available for use," civic spokesperson Lisa Fraser wrote in an email to Metro.

Council decided to close the Kenaston snow dump back in 2013 in favour of opening a new one on Wilkes Avenue and selling off the land.

A staff report from that time says the public works department wanted to use the dump one last time during the 2014-15 season.

The city currently piles its snow in three places.



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The Jets' Nic Petan, right, stirs up the ice in front of Wild goalie Devan Dubnyk on Wednesday night in St. Paul, Minn. JIM MONE/THE ASSOCIATED PRESS

Injuries cripple Jets road trip

NHL

Winnipeg is out-shot most games without their big guns



Braeden Jones
Metro | Winnipeg

Little more than a week ago, two Jets sat atop NHL leader boards as their team had its best game of the year.

Even before their 4-0 trouncing of the Chicago Blackhawks at the MTS Centre Nov. 15, the Winnipeg Jets were flying, and flexing impressive organizational depth while winning despite a rotten run of injury troubles.

So they set out on their current season-high five-game road trip with a little bit of swagger, but the wheels have fallen off since with four losses in four games so far.

After the most recent loss

in Minnesota against the Wild, captain Blake Wheeler summed up the skid.

"It's pretty frustrating," he said. "Goals have been tough to come by for our group this last little bit."

Captain Wheeler didn't exaggerate: The Jets have been outscored 15-5 on the trip.

Head coach Paul Maurice has noted how bad bounces and being "about an inch shy on everything" throughout the rough patch detracts from otherwise fine play. That is part of the story, but the formerly high-flying Jets are really just being out-chanced.

Their 5-2 loss in Philly saw the last of their momentum peter out, despite outshooting the Flyers 32-22, the Jets' recent go-to goalie Connor Hellebuyck fished four pucks out of his net after 21 shots.

In the next game, a 4-1 loss in Boston, the Jets hardly put up a fight, managing just 12 shots against 38 from the Bruins.

The subsequent 3-1 loss in Carolina saw the Jets outshot

handily again, 40-29, and the trend repeated in Minnesota where the Wild held Winnipeg to 16 shots while getting 26 of their own.

For folks keeping track at home, they've been outshot 126-89 during the roadie so far.

And with a league-worst number of total games missed by injured players, the Jets are still skating without a few of their big guns including Mathieu Perreault, Bryan Little, Shawn Matthias, Tyler Myers, Joel Armia and Kyle Connor.

But before they try to tackle the Predators in Nashville Friday night, here's hoping the guns they do have on the ice find a way to fire more shots on — and preferably in — the net.

It's early to be thinking play-offs, but the result in Nashville may have implications down the line. During the recent losing streak, the Jets have fallen from the upper echelons of the Central Division and are one point back of the Predators for the final wild-card spot.



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Businesses should 'embrace' bike grid

INFRASTRUCTURE

Chamber of commerce shows support for cycling



**Braeden
Jones**
Metro | Winnipeg

It's time for Winnipeg to embrace a more bike-friendly future, according to the Winnipeg Chamber of Commerce.

President Loren Remillard doesn't mince words when discussing the potential of a fast-tracked bike grid, as Coun. Janice Lukes will try to move one forward at the city's next infrastructure committee meeting, Tuesday.

"We're very supportive of all measures to promote active transportation (AT) in our city," Remillard said. "A downtown bike grid is part of that conversation, one I think Winnipeg should



The Winnipeg Chamber of Commerce supports a downtown bike grid. METRO FILE

embrace."

Although the chamber hasn't surveyed its members on the specific plan Lukes has put forward, Remillard said there is near-unanimous "recognition of value in AT and a desire to see Winnipeg move forward as quickly as possible."

He explained the business community feels increasing transportation options

through offerings like bus rapid transit (BRT) and AT make Winnipeg a more attractive destination and aids in talent retention.

"From an employer standpoint... employers out there are trying to compete for the best and brightest, and particularly among the millennial generation they're actively pursuing (transportation) options," Remillard said.

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Ecstasy treating trauma

SCIENCE

Promising mental health results in first Canadian trial



David P. Ball
Metro | Vancouver

Several psychotherapists behind a head-turning Canadian drug study may not be raving ecstatically or blissed out.

But after wrapping up Canada's first-ever trial treating trauma using the drug MDMA — the pure form of what's popularly called ecstasy — they are nonetheless optimistic.

According to psychiatrist Dr. Ingrid Pacey, the study's principal investigator, the MDMA-assisted psychotherapy trial showed promising results for its six patients with post-traumatic stress disorder (PTSD) so severe that no previous treatments had worked.

Because MDMA — or methylenedioxymethamphetamine — is an empathogen, meaning it generates feelings of empathy and trust, the therapists hoped



Dr. Ingrid Pacey, a psychiatrist and lead investigator of the recently completed MDMA-assisted psychotherapy trial — the first of its kind in Canada. JENNIFER GAUTHIER/METRO

to see how patients might respond to counselling while they were on the drug.

"The biggest thing was there was a very increased level of trust," Pacey said. "They were really able to talk about painful material from the past that they were never able to talk about before in their life — they'd been so frightened they'd block it.

"With the MDMA, they'd be distressed and crying, but they could talk it through and come to understand it in a way they couldn't before. The trauma became a more manageable part of their history and they could go forward with their lives."

PTSD is a mental-health condition associated with being exposed to threatening events or

abuse, often afflicting victims of violence, soldiers, first responders, and sexual and childhood abuse survivors.

The illness is often tough to treat because many people with PTSD have developed a deeply engrained sense of mistrust in others, numbing, hyper-vigilance and isolation — and because it changes the brain itself.

Three of Pacey's subjects had experienced childhood abuse; the other three survived adult traumas. Except for two given placebos for the first part of the trial, subjects were given 125 milligrams of MDMA with eight hours of therapy, followed by a supervised sleepover at the clinic site; the next day, they got further counselling. Months later, they were given half the original dose and offered more therapy, followed up after a year.

The study was part of an international initiative led by Multidisciplinary Association for Psychedelic Studies (MAPS). Although the results of the federally approved study — quietly authorized by Health Canada in 2013 — are still being "collected" alongside similar research in the U.S., other studies have backed up Pacey's initial findings.

POLITICS

Liberals table voting reform bill

The Liberal government is throwing open the doors to voting in federal elections, including expanding the franchise to more than a million Canadians living abroad.

Maryam Monsef, the minister for democratic institutions, has introduced legislation that will roll back a number of controversial changes to Canada's voting process.

That includes relaxing voter identification rules tightened by the previous Conservative government and restoring Elections Canada's mandate to educate and encourage voters.

She is also proposing to significantly expand voting into previously uncharted waters by permitting any expatriate Canadian citizen who's



Maryam Monsef speaks in the House of Commons in Ottawa last week. THE CANADIAN PRESS

ever lived in Canada to cast a ballot.

"We're removing barriers that never needed to be there in the first place," Monsef said. THE CANADIAN PRESS

Netflix pushing back

Netflix makes "substantial" investments in film and TV productions in Canada and should not face regulation, the company argues in a submission to Canadian Heritage's public consultation on homegrown

content in a digital world. Two years ago, Netflix suggested to the CRTC that its service did not fall under the Broadcasting Act as it is not a conventional broadcaster.

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President-elect Donald Trump walks past a crowd as he leaves the New York Times building following a meeting, Tuesday, Nov. 22, 2016, in New York. MARK LENNIHAN/THE ASSOCIATED PRESS

Co-existence in a post-truth world

Many different people, from many different places, with many different ideas can peaceably coexist. What about people with different facts?

ROSEMARY WESTWOOD
From the U.S.



A local New Orleans real estate agent is not flying home to New Jersey for American Thanksgiving. And neither is an esthetics specialist driving back to see family in Mississippi. It's not just fodder for TV and talk radio hosts to suggest that the election ruined some holidays. Politics spoils a good meal even at the best of times.

And these are not those. This is Thanksgiving in Trump's America.

The esthetics specialist comes from a family of Trump supporters, and the real estate agent, who's not speaking to his father, has an aunt convinced Hillary Clinton used a body double during the campaign. Go ahead and Google it. It's there among the truly imaginative smorgasbord of fake news that became, during this election, its own character, a worrying theme, an external force and the winning boost for Oxford Dictionaries' recently announced 2016 word of the year: "post-truth." Definition: "relating to or denoting circumstances in which objective facts are less

influential in shaping public opinion than appeals to emotion and personal belief." Synonym: Donald Trump.

Trump's childlike relationship to reality, his affinity for feelings over facts, are not going anywhere as president-elect. His cabinet picks prove as much. "Some are known and some are not known, but they're known within their field as being the best," Trump told New York Times editors and reporters the day before the Times' editorial board summed up his appointments with the headline "No experience, no problem."

A UN ambassador with zero foreign-policy experience. A potential housing-department lead known for his neurosurgery talent, and not much else. An education secretary with little faith in public education. In Trump's America, I suddenly feel qualified, at five-foot-six with a crooked spine, to walk the runway for Dolce and Gabbana.

Alas, I'm one of those pesky people stuck in the grimy mud of a fact-based world. I'm a journalist, that odd profession that forces you to reach for some kind of truth, at the most, and

factual accuracy at the very, very least. I'm young, I know, but I've never been more worried for the profession. How can reporters, writers, editors do their job — to inform the public — if half the country isn't listening? We've known for a long time that journalists carried about as much respect as lawyers. But I would have never predicted that deep distrust in the U.S. government and hateful disregard for mainstream media outlets would combine to put into the a White House a president who doesn't care much for the truth, with a fan base lacking an appetite for public scrutiny.

That is truly terrifying. Those of us working in the mainstream media, and anyone hoping to effect change through their work, will have to figure out how to talk beyond their own echo chamber, how to reach people who have no interest — or a decided disinterest — in what they have discovered.

Many different people, from many different places, can peaceably coexist. It's happened across the world, in different times and places.

But different people with different facts? We're about to find out.

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Peace deal signed at last

COLOMBIA

In 150 days, FARC's weapons will be in UN hands: President

Colombian President Juan Manuel Santos signed a revised peace agreement with the country's largest rebel movement on Thursday, making a second attempt within months to end a half century of hostilities.

Santos and Rodrigo Londono, leader of the Revolutionary Armed Forces of Colombia, signed the 310-page accord at Bogota's historic Colon Theater — nearly two months after the original deal was surprisingly rejected in a referendum.

After signing with a pen crafted from the shell of an assault rifle bullet, they clasped hands to shouts of "Yes we could!"

Thursday's hastily organized ceremony was a far more modest and sombre event than the one in September, in the colonial city of Cartagena, where the two

men signed an accord in front of an audience of foreign leaders and United Nations Secretary General Ban Ki-Moon, all of whom were dressed in white to symbolize peace.

Santos looked and sounded tired after a two-month political roller coaster that saw him rise from the humiliating defeat to win this year's Nobel Peace Prize. This time the deal will be sent directly to Congress without a public referendum.

"In 150 days — only 150 days — all of the FARC's weapons will be in the hands of the United Nations," he said.

FARC leader Londono used his address to call for a transitional government to ensure the accord is effectively implemented, a suggestion immediately denounced by the opposition as a veiled attempt to extend Santos' tenure past elections in 2018, when he'll be constitutionally banned from competing. The rebel leader also congratulated Donald Trump on his victory and called on the president-elect to continue strong U.S. support for Colombia on its path to peace. THE ASSOCIATED PRESS



UNUSUAL SNOW IN TOKYO People cycle in snowfall in Tokyo. Residents in Tokyo woke up on Thursday to its first November snowfall in more than half a century, leaving commuters to grapple with train disruptions and slick streets. AFP/GETTY IMAGES

MORE PHOTOS ON THE METRO APP

Global digest

FRANCE

Masked gunman bursts into monks' residence, kills woman

The French gendarmerie says a masked gunman burst into a

retirement home for monks in southern France and killed an elderly woman with a knife.

The press service for the national military police couldn't immediately say whether the incident is linked to a terror act or not.

The body of the deceased woman was found gagged

and tied up outside the building, the official said.

THE ASSOCIATED PRESS

IRAQ

Daesh car bomb kills 56

A car bomb tore through a gas station south of Baghdad on Thursday, killing at least 56

people, including 20 Iranians, in an attack claimed by Daesh.

Police and hospital officials confirmed the toll and said another 45 people were wounded in the attack, which almost completely destroyed the gas station, several nearby stores and set several cars on fire. THE ASSOCIATED PRESS

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DECODED by Genna Buck and Andrés Plana

CAN YOU FREEZE YOURSELF IN TIME?

It's Dr. Frankenstein's dream: A few companies will, after you're dead, preserve your body or head in liquid nitrogen – for a fee. A 14-year-old U.K. girl with terminal cancer won a recent court battle to have her body cryopreserved with the faint hope of being revived once technology allows. Trying to extend life forever is far outside the norms of science and medicine. **But it's a cool thought experiment, right?**

How it works

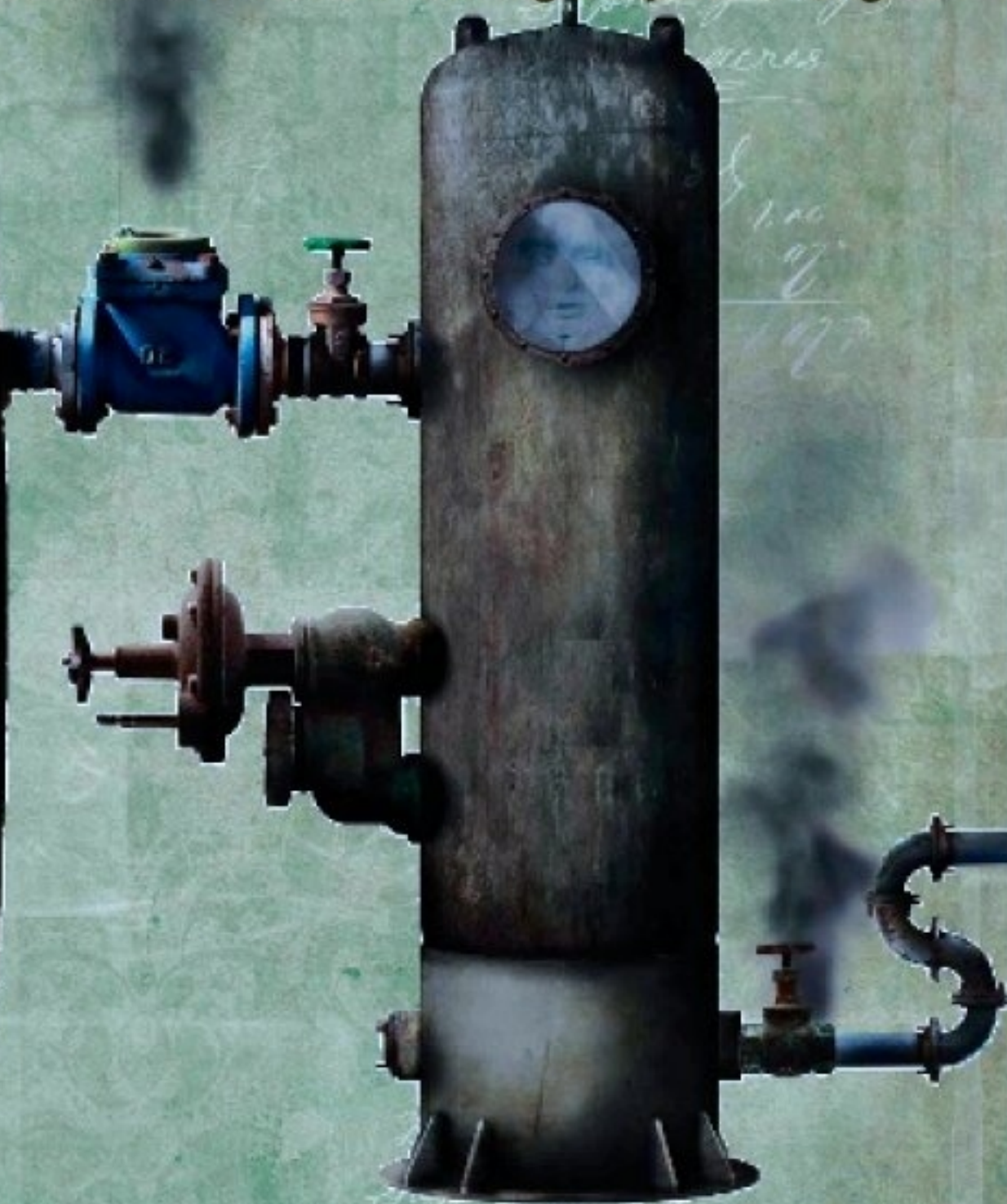
Freezing slows down decomposition, but does a lot of damage. Prickly ice crystals can kill cells. **Vitrification** (freezing in a glassy, not crystallized state) gets around this. But it requires extreme cold and toxic, antifreeze-like chemicals that must be flushed after thawing.

The problems

Vitrification leaves tissues vulnerable to cold injuries that don't have to do with crystals. And it comes with fracture risk: Glass can break. However, the process has non-fantastical applications, like preserving embryos for IVF, and maybe one day storing donated organs.

What about the brain?

The information that makes you, you — thoughts, beliefs, feelings and knowledge — is stored in the form of a complex, precisely regulated set of structures, electrical signals and chemicals. It's not clear if any of that could survive in your vitrified brain.



FINDINGS Your week in science



DEADLY WEATHER

From the department of weird and scary diseases: An outbreak of rare **thunderstorm asthma** in Melbourne this week killed four and sickened thousands more. In damp weather, pollen grains absorb water and burst. Out come hundreds of starch granules minuscule enough to get into your lower airways. Factor in high winds that spread pollen around, and you have a recipe for lung disease, especially for those who are already allergic to pollen.

SOUND SMART



DEFINITION

Glass is a state of matter. Normally when a liquid cools to a solid, the molecules organize themselves into crystals. But in some conditions it can become a **glass**: The molecules remain in a random, disordered state, much like they would in a liquid — except they don't move around much.

USE IT IN A SENTENCE

Carlos loves eating glass. No, he's not that stupid: Sugar in a **glassy state** is called hard candy.

CITIZEN SCIENTIST by Genna Buck

A call for your questions about science

I'm not answering a reader question this week.

Instead I'm going to tell you about last weekend. I went to the first podcast festival at the Hot Docs theatre in Toronto.

First of all, are you a pod-casts fan? They're a great way to learn new things and keep up with the news, especially if you're not a big reader.

I'm telling you this because I went to a live taping of the wicked-good podcast Science Vs.

In it, the host, the incomparable Australian science writer

Wendy Zuckerman, tackles a controversial subject like fracking, antidepressants or hypnosis. And, in the course of an hourlong episode, explores whether it holds up in a fight versus science.

In other words, she achieves something a lot like what I'm trying to do with this column — except in a totally gripping, funny way, and (producer Kaitlyn Sawrey says) it takes a luxurious eight weeks to produce.

Like all podcasts, it has an audience of subscribers at least

casually interested in the topic. Meanwhile, you, having picked up this paper on your commute, have found yourself reading a full page of science whether you expected to or not.

This means I have an opportunity Wendy and Kaitlyn don't: I get to talk about science with people who may not be interested in it, or never really think about it in their daily lives.

It also means I get a chance to cover a lot of basics, and I answer a lot of questions about things (healing crystals, for

example), that have no scientific basis. It's been suggested I re-name the column "You're wrong." But I don't want to be that way.

What I would love is to get even more science questions from you, especially if they have to do with things going on in the world. Send them to **Genna.buck@metronews.ca**. I'll do my best to research them and make the answers fun.

Science Question?
Tweet @genna_buck

PHILOSOPHER CAT by Jason Logan

WHAT ART WAS
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The nights are longer and the weekends are colder — this is the start of **binge-watching season**. Not sure what shows to check out? **Metro canvassed its newsroom for suggestions for all discerning tastes — and weather conditions.** METRO CANADA

GET REAL

LEGEND

- 'IT'S COLD'**
Sunny days, blue skies and no precipitation
- 'IT'S REALLY COLD'**
Windchills, sleet and snow and high winds
- 'I'M MOVING TO MEXICO'**
Close the curtains and turn up the volume to drown out the wind.

LOWBROW

TV SHOWS AND MOVIES:

- KEN BURNS' JAZZ
- THE CROWN
- DOWNTON ABBEY
- THE WIRE
- THE SOPRANOS
- GAME OF THRONES
- STRANGER THINGS
- BLACK MIRROR
- THE X-FILES
- PLANET EARTH
- THE WEST WING
- GILMORE GIRLS
- ORANGE IS THE NEW BLACK
- BREAKING BAD
- DAREDEVIL
- ANY STAR TREK SERIES
- THE GREAT BRITISH BAKE OFF
- ARRESTED DEVELOPMENT
- ARCHER
- SEX IN THE CITY
- THE BACHELORETTE CANADA
- CRAZY EX-GIRLFRIEND
- FRIENDS
- SEINFELD
- BOTCHED
- REAL HOUSEWIVES FRANCHISE

A red banner for Red River Family Medical Center. At the top, the text "RED RIVER FAMILY MEDICAL CENTER" is written in large, bold, white capital letters. Below this, "WALK-INS WELCOME" is written in smaller, bold, white capital letters. On the left and right sides of the banner are white caduceus symbols. A white horizontal bar across the middle of the banner contains the text "Smith Street location is now accepting new patients." in red. Below this bar, the banner is divided into four sections by vertical white lines. The first section on the left contains a white circle with the number "3" and the text "LOCATIONS TO SERVE YOU!". The next three sections contain the address and phone number for each location: "724 Ellice Ave | 204.786.4673", "139 Carmen Ave | 204.663.7228", and "286 Smith Street | 204.414.0019". The final section on the right contains the text "Phone each location for more details on hours." in white.



Auli'i Cravalho was cast in the lead role of Moana having been the last person to audition on the final day of casting. Back home in Hawaii, she has become a bit of a rock star. ANDREW FRANCIS WALLACE/TORSTAR/GETTY

Hawaiian-born teen rides wave of Moana mania

INTERVIEW

Like her Disney self, newcomer Auli'i Cravalho sets few limits

Chris Alexander
For Metro Canada

With Moana, the house of the mouse has finally given us a heroine for the ages.

Disney's latest animated opus is a lush spectacle that follows the adventures of a Polynesian island princess who voyages across the ocean to restore a sacred stone to a mythical island and thus save her home and the entire Pacific ocean.

And while she's joined by a reluctant, preening and tattooed Demigod (Dwayne Johnson), Moana is the heart and soul of the film, a brave, strong and yet vulnerable young woman who refuses to be defined by any perceived limitations of her age or gender.

Auli'i Cravalho, the 16-year-old actress playing Moana, is an equally graceful and driven person. The Hawaiian-born newcomer was chosen out of hundreds of other performers to play the part and after we spoke with her during her recent Toronto press tour, it's easy to see what Disney saw in her.

"I have been given this really amazing blessing," says the intelligent, elegant young actress.

"It was like I was given the golden ticket. I was the last



She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body.

Auli'i Cravalho, on what she likes about Moana

girl on the last day of casting to audition and I would never have dreamed this would have worked out, that I would be travelling around the world, meeting amazing people. Even now, I cannot fully wrap my head around any of this."

Moana is rare in the Disney canon in that the character is not looking for love or on the hunt for a husband. She's a warrior and a moralist who believes so strongly in her people and her culture that she's willing to risk her life to fight for what's right. But that doesn't mean she sacrifices her femininity either.

"It's true, she's not your typical Disney princess," admits Cravalho. "She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body. But she's inspiring and she's basically everything I hope to grow up to be."

Back home, Cravalho has become a bit of a rock star,

with the locals celebrating her sudden, dramatic rise to success and young people seeing her as a role model.

But she's still totally grounded and the burst of fame has not affected her ego at all. In fact, it has inspired her to do great things with her life.

"My life is a little different now. Everyone just calls me Moana now. That's my new name. I won't legally change my name of course, but I turn involuntarily when people call me that in the streets."

"My teachers call me that. My friends call me that. But even though I'm excited about this and all the travel that comes with this journey — I got to see falling snow for the first time last week — I still plan to finish my education and even pursue my first love, microbiology, and find ways to use any celebrity I get to be a spokesperson for the importance of science."

"Really, I'm just a normal girl in a completely abnormal situation but I still want to ride the wave of Moana for a while. Pun intended!"

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FILM BRIEFS

Miranda enjoys sea break

When Lin-Manuel Miranda needed a break from his American history phenomenon *Hamilton*, envisioning the crisp blue waters of Polynesia and Disney's animated musical *Moana* offered the perfect getaway.

Miranda is following up his Tony Award- and Pulitzer Prize-winning Broadway hit by contributing seven original songs for *Moana*. The writer-composer-actor was

hired for the film before *Hamilton* hit, and said working on *Moana* proved a respite from the Broadway frenzy.

"When I got sick of doing American history research, I'd go sail across the water with Maui and *Moana*," Miranda, 36, said. "And once the (stage) show was written and it was up and running, (*Moana*) was



Lin-Manuel Miranda

my oasis of calm in the *Hamilton* phenomenon."

Miranda said Dwayne 'Rock' Johnson, who voices Maui, needed no coaxing to sing. "It wasn't about getting him to sing,"

Miranda said. "It was meeting the challenge of: you've got this larger-than-life personality, how do you write a song worthy of that?" THE ASSOCIATED PRESS

An ode to Bogart and Bergman

FILM

Allied is a hark back to bygone Hollywood era of big romance

In a world of franchises, reboots and comic-book films, the original espionage thriller *Allied* is a comparatively bold gamble for a studio. Glamorous, serious, and classically made (with a healthy dose of CGI), *Allied*, from director Robert Zemeckis and screenwriter Steven Knight, looks to harken back to a bygone Hollywood of David Lean epics and sweeping romances between larger-than-life movie stars.

In *Allied*, the would-be Bogart and Bergman are Brad Pitt and Marion Cotillard, who slip into sumptuous period costumes and settings to tell the story of a pair of WWII-era spies, in *Casablanca* and then in England, who fall in love amid the turmoil of war.

Their happy existence is put into doubt, however, when Max's (Pitt) superiors inform him that they suspect Marianne (Cotillard),

now his wife and the mother of his child, is a double agent.

"It's rare that we can still do movies like this one — very deep love stories with original subjects and surprising stories," Cotillard said. "It is this very entertaining movie with very strong and powerful feelings and real questions about love and war." Zemeckis was pleased that his

“

It was a lot of stress for him, a lot of stress.

Marion Cotillard on co-star Brad Pitt learning a French-Canadian accent

leads looked natural and of the time in the clothes. "Sometimes you put period costumes on contemporary actors and they look like they are dressed up," Zemeckis said. "But they were able to carry those costumes in a way that looks absolutely right."

The costumes, by Zemeckis and Steven Spielberg favourite Joanna Johnston, proved essential

for the characters too. Cotillard calls her wares "another layer of the skin." She was also delighted to be sporting garments similar to her childhood idols like Ingrid Bergman and Katharine Hepburn.

"I would watch actresses in glamorous movies and it was part of my dream to be an actress," she said. On set, Cotillard also became a de facto teacher for Pitt, who had to master a French-Canadian accent for his role.

Pitt, who is going through a divorce from Angelina Jolie Pitt, was not made available for interviews in Los Angeles. The intrigue of one of the most high-profile celebrity divorces in recent years also became unexpectedly linked to the film when rumours circulated that he'd had an affair with Cotillard.

It wasn't helped when Paramount dropped the first trailer for the film just a few hours after news broke of the Pitt/Jolie divorce, seemingly suggesting a Mr. & Mrs. Smith in WWII angle.

Zemeckis insists was a coincidence and not a salacious way to drum up excitement, although he laughs that he knows no one believes that. THE ASSOCIATED PRESS



Brad Pitt and Marion Cotillard slip into sumptuous period costumes to tell the story of two WWII-era spies, in *Casablanca* and then in England, who fall in love amid the turmoil of war. CONTRIBUTED

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DAILY TREAT

Black Friday, Cyber Monday are the new Boxing Day

PEAK INTEREST

E-tailers experience big surge of consumers

Camilla Cornell

Last year, a surprising trend emerged at Canadian online retailer Well.ca. Sales of the company's line of health, wellness, beauty and baby products (including toys, gift sets and stocking stuffers) on Black Friday and Cyber Monday surpassed Boxing day sales by 185 per cent.

"It seems to be getting bigger and bigger in Canada each year," said Erin Young, Well.ca's chief marketing and merchandising officer. "Every year we set our expectations quite high and the consumer blows past our expectations."

The same holds true for other e-tailers, according to an analysis by online shopping comparison website Shopbot.ca. At Amazon.ca, for example, the two biggest peaks in user's interest are the same year after year — Black



Black Friday and Cyber Monday campaigns are increasing consumer demand. ASSOCIATED PRESS

Friday (3.9 million visits) and Boxing Day (4 million). And, although prior to 2005, Best Buy's Boxing Day event was by far the most popular event of the year, its Black Friday event is now among its top three biggest sales events in Canada.

Young thinks the continuous growth is a factor of more Can-

adians shopping online generally, as well as with the fact that Canadian retailers have increasingly adopted the once-U.S.-centric shopping day.

"Three years ago, we launched a big campaign around Black Friday and Cyber Monday, but very few other Canadian online retailers did anything," she said. "But

this year, you see it everywhere. And when it's more present in the market, it drums up consumer demand."

She also says that, sales are occurring earlier in the week. "For us, Cyber Monday used to be the big day," she said. "But what we saw last year in particular is that Black Friday was almost as

big — Cyber Monday was only 5 per cent bigger. In previous years, Cyber Monday had been 30-plus per cent bigger."

Young says Canadian shoppers seemed to hold off on purchases in early November this year, perhaps in part because unseasonably warm weather meant "people weren't necessarily thinking about holiday shopping."

She also speculates that there may have been a bit of "depression" associated with the U.S. election as well. "The day after the election, people were just not shopping," she said. But for Well.ca, the shopping floodgates opened at the beginning of this week, building day by day.

That's a common trend, ac-

ording to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its established opening time of 12:01 a.m. on Friday," according to Shopbot's report. "But with the ever growing popularity of Black Friday, the demand for earlier deals during longer periods has become mainstream. Just Amazon alone has gone from a three-day event in 2015 to host a full 12 days of Black Friday deals this year."

According to Shopbot, about one in five Canadians intend to spend more than \$350 this Black Friday, most commonly on electronics. And Canadians are most active hunting online for deals at 6 p.m. on Thursday, hours before Black Friday actually starts in-store.

Small wonder that seven out of 10 Canadian e-tailers start planning for next year's Black Friday/Cyber Monday event before this year's is even over. "We look at everything from the assortment — what are the brands that we want to promote and the deals we want to go after for our customers — and the flow of goods into the warehouses, to marketing," said Young. "After all, we see a massive uptick in new customers around this time of year." Treat them right, she says, and "they come back to us in January when they're repenting of all their sins."



We see a massive uptick of customers around this time

Erin Young of Well.ca

According to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its established

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Decor trends nod to turn of the century

HOLIDAY DECORATING

Get inspired by children's books, natural elements

Tara Nolan

Whether you are decorating your first home or condo or you're looking for fresh ideas to incorporate what you have, here are some holiday decorating hints.

The latest trends

Trends we'll be seeing this year include what designer and lifestyle expert Janette Ewen refers to as "the enchanted forest." This look is inspired by classic children's books like *The Chronicles of Narnia* and *The Secret Garden*. "A nod to the late 1800s/early 1900s is reflected in the following elements: mixed metallic; holiday greenery — moss, wood and natural elements; pearls and crystals; muted natural tones with soft colours as accents; twinkle lights; and vintage, turn-of-

the-century decor elements," she said.

LED lights is another trend identified by Ewen who makes note of the innovative Applights that allow you to control the display from your phone.

Ewen's own tastes, when asked to pick a favourite, lean towards a couple of interesting, yet disparate styles. "I love two looks, both very different: A mid-century modern Palm Springs styled Christmas and a rustic, woodland holiday."

Rustic holiday style

Natural accents are very popular right now, even in regular home decor. Outdoor elements can be brought indoors to adorn centrepieces, garland on a mantel or staircase, and even your Christmas tree. "I love bringing in antique touches ... so to elements that you may already have at home, like a candelabra, I will add tons of moss, wood and pine cones," said Ewen. "It's a rustic, outdoorsy, woodsy blend. I also love burlap bows and antique-looking ornaments."

Michaels offers a few styles of burlap ribbon and Rona Home &



Among the latest trends in holiday decor is the enchanted forest look. MAGDA M

Garden has created some great rustic ornaments made from wood and burlap for tree trimming.

Modern holiday style

Modern holiday palettes often reflect what's happening in the world of paint. SICO, for example, identified a few trendy colour combos, including "rich brown mixed with blue-green, burgundy or mustard, earthy green and ivory paired with terra-

cotta, and mid-tone blue coupled with grey and highlighted with dark metallics." The paint brand recommends painting your mantel an unexpected hue and adding a pop of colour to a banister before the garland goes on.

Ewen adds that icy blue and silver with slightly geometric shapes always looks fresh and modern. "Avoid too much greenery in this look," she advised. "For example, with wreaths, keep it about the sparkle — it looks

more contemporary."

Indigo has some lovely, glitzy, modern ornaments, as well as winter-white decorations and kitchen accessories and candles in metallic tins.

Traditional holiday style

Of course there is a certain timelessness to many a decoration, especially the ones you lovingly unwrap each year — see Ewen's first trend recommendation. "You can't go wrong with classic glass

ornaments," she said. "Pile them up on a cake stand or in a rustic silver bowl for a classic, chic and timeless look."

Many retailers, such as Drake General Store, and makers, like those whose work can be found on Etsy.ca, have adeptly captured that "old is new again" feeling in ornaments and decorations.

Minimalist holiday style

With more people living in small spaces and condos, being a minimalist may be more about practicality than style. Regardless, there are still ways to add a dash of festive flavour to your space without taking up too much your actual square footage (and later, storage space). "Embrace mid-century modern shapes and consider styling unexpected places like a bookshelf," recommended Ewen.

And check out big box and department stores for smaller versions of faux trees. Home Depot, for example, is offering what is called the Hayden Half Tree exclusively through its website. The back has been lopped off so that it fits perfectly in the corner of a room.



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Layer your lighting for a festive hue

SETTING THE MOOD

Control the ambiance in your home over the holidays

Tara Nolan

The time period spanning the holidays is one that requires

multiple levels of ambiance.

Lighting plays a starring role in how you set the mood. There's that cosy-up-by-the-fire-with-a-hot-chocolate feeling after coming in from the cold, an extra bright illumination necessary for important to-dos, like gift wrapping and card signing, and then there's that bright, festive, make-merry vibe that can be associated with perhaps an ugly sweater party or a family gift exchange.

If you're looking to do more than merely untangle your current strings of Christmas tree lights, consider these tips to kick your lighting game up a notch.

"One of the most interesting trends I am seeing is an increase in detail of lighting in general," said Ulya Jensen, owner and principal designer of Ulya Jensen Interiors in Ottawa. "People are putting more personality into their lighting than ever before: We used to see very plain, non-

descript lights, where now the lighting is becoming the focal point with a story."

Jensen says the popularity of vintage lights continue to be at the forefront of lighting trends, with that industrial, mid-century modern look also being prevalent. Steel and caged lights, as well as vintage dome lights in coloured metals and mixed media with reclaimed wood and iron are also all quite popular.

When it comes to a holiday

party, you can work among several rooms to set several different moods. For example, in the kitchen, where many will inevitably congregate, you want it to be bright and festive and conducive to being able to see what you are doing as you mix drinks and put together your appetizer platters. In other rooms, you'll want more of a cosy warmth.

Jensen recommends overhead lights that you can dim, as required, coupled with tabletop LED candles and other decorative lighting pieces. "Try filling a hurricane vase with LED battery string lights," she recommended. "This creates a twinkly centrepiece." (Many of these miniature strings now come battery operated, eliminating the need for extension cords.) Candles on mirrored trays can also enhance existing lighting, according to Jensen, as the mirrors will reflect the light.

Some well-known lighting brands have come out with different bulb options for everyday use and the holidays are the perfect time to introduce those, as well.

The new Philips SceneSwitch LED light bulb, for example, allows you to adjust the light's settings — without needing a dimmer switch — depending on the task you're doing. You can choose from a soft white, daylight or warm glow. These are available at Home Hardware and Home Depot.

And GE Lighting has unveiled REVEAL light bulbs (available at Walmart and Lowe's), which are energy-saving LEDs designed to enhance colour and details, perfect for showing off your decorations.

Jensen has a few other tips for tweaking your lighting for the holidays. "As we are inside and want to be cosy, try switching



Indigo's LED 10-light strand.

up your lampshades for black or navy, or shades that have a gold or amber lining," she said.

Jensen also suggests supplementing the lighting you have with options in other key locations in a room. For example, if you have lots of overhead light, use floor lanterns with groupings of battery-operated candles in the lower portions of your space.

"Layered lighting is also key," said Jensen who recommends supplementing existing lights with string lights, lanterns and even coloured glass shades to add a festive hue to a room.

String lights have come a long way in recent years. Edison lights with those visible filaments continue to be popular and there are also great themed lights, such as the silver bohemian lights (among other styles) offered by retailers like Indigo. You can add these across the mantle of a fireplace, around doorways or a banister, and of course, around the tree. These miniature lights can be all white or a rainbow of colour. There are lots of great pre-lit trees on the market that can also make a great statement in a room, such as the more modern, pre-lit birch trees available at HomeSense.



These light-up birch trees from HomeSense (in background) add a holiday feel to any room or foyer. HOMESENSE

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Super smartphones for the greatest gifts

BEST OF THE SEASON

Mobile devices ideal for a loved one ... or even yourself

Marc Saltzman

Gifting a smartphone is like wrapping a dozen products in one — considering these digital Swiss Army Knives can handle everything from photography and music to games and fitness tracking to messaging and movies to web browsing and GPS navigation. Oh, and they make phone calls, too.

The good news there's no shortage of exceptional options.

Whoever you're shopping for (hey, even yourself), the following are a few noteworthy recommendations. Be sure to check if the phone is available through your preferred carrier.

Google Pixel XL
If you like a large



"phablet" (half phone, half tablet), a clean user-interface and a smart personal assistant, then you might opt for the Pixel XL (\$549 on 2-year term). Google's first smartphone is a 5.5-inch device with a cool-to-touch metal and glass chassis, Snapdragon processor, intelligent camera, and pure ("vanilla") Android device, with no third-party software added. Looking for something a little smaller? The 5-inch Google Pixel is identical to the Pixel XL, except for the screen size. Both phones work with Daydream (\$99), Google's new virtual reality headset for high-quality, mobile VR.



iPhone 7 Plus
At only 7.3 millimetres thin and weighing 188 grams, the iPhone 7 Plus (\$548.99 on 2-year term) offers one of the best cameras available. The splash-, water- and dust-resistant smartphone features a 12-megapixel wide-angle and telephoto camera (f/1.8 aperture for the wide-angle, f/2.8 aperture

for the telephoto), 2x optical zoom, optical image stabilization, autofocus, quad-LED flash, high-dynamic range (HDR) and 4K video recording (delivering four times the resolution of HD). This 5.5-inch iOS device is also no slouch in the power department, plus it supports millions of quality downloads from the App Store and iTunes.



Moto Z Play
Delivering a lot of bang for buck, the Moto Z Play (\$0 on 2-year term) is a super slender Android phone that lets you easily attach various "Moto Mods" on the back of the device. Accessories include: a JBL SoundBoost Speaker (\$99); Incipio offGRID Power Pack battery (\$89) adding 20 hours of power; Moto InstaShare Projector (\$399); Hasselblad True Zoom camera (\$349); and colourful Style Shells (\$29) to customize its look (including Red Ballistic, Black Leather, and Silver Oak).



Sony's Xperia X Performance

If it's an exceptional camera phone you're after (and great price), Sony Mobile's Xperia X Performance (\$0 on 2-year term) packs a 23-megapixel main (rear) camera with predictive autofocus that tracks your subject, so you'll capture the moment with ultra-sharp quality. Similarly, SteadyShot video stabilization translates to smooth and shake-free 1080p HD videos. The 5-inch water-resistant device is powered by a Snapdragon 820 processor (also ideal for gaming), and a battery that can last a couple of days between charges.

LG G5

The LG G5 (\$0 on 2-year term) is a modular smartphone that lets you slide out the bottom of its metal uni-body to insert a fresh battery, camera grip with



specialized buttons, and other accessories, such as a DAC (digital-to-analog converter) for high-fidelity music. Simply press a small button on the side of the G5, and pull out the base to add something new. In the photography department, the 5.3-inch phone has two rear-facing cameras: a standard 78-degree lens and a 135-degree wide-angle lens to capture more of the world around you.



HTC 10

Ideal for music lovers, the all-metal HTC 10 (\$99.99 on a 2-year term) is certified for 24-bit hi-res audio tracks, such as FLAC and WAV files (and support for Dolby Audio), enjoyed through its integrated BoomSound Hi-Fi edition speakers, Hi-Res audio earphones (included), or a compatible sound system. The 5.2-inch phone walks the listener through a customized Personal Audio Profile, so you can hear music the way you

like to. For photo takers, HTC 10 is the world's first phone with optical image stabilization on both the front and back camera.



Asus ZenFone 3

A premium smartphone without the price tag, ASUS ZenFone 3 (\$429.99 unlocked, full price) is a 5.5-inch Android device with Full HD resolution, 600 nits of brightness for easy outdoor viewing, and durable Gorilla Glass on its front and back. Along with expandable storage via microSD card, there's a dual SIM tray, so you can pop in a second SIM (phone number), perhaps having one for personal use and one for work, or if using a local SIM when traveling. A fingerprint sensor on its back adds an extra layer of security. The phone also packs an impressive 16-megapixel camera.

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By Janine Falcon

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The Sporty Classic: A streamlined, two-tone casual sports Tommy Hilfiger watch with a silver white dial looks great with a crisp white shirt and narrow jeans. \$205 AT SEARS.CA



The Optimist: A certain playful Swiss watch brand has launched a jewelry collection that includes minimalist clean lines and playful pieces too. Swatch Bijoux Merry Pink Ring. \$55 AT SWATCH.COM



The Entertainer: Banana Republic Velvet Linear Drop Earrings that catch the party lights and a gift-basket of compliments? Check. \$62 AT BANANAREPUBLIC.CA

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BY JANINE FALCON

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Personalize a sleek, designed-in-Canada Medium timepiece with an array of options, and have the back engraved, too. (Also available women's.) The Intro in Blue/Saddle, \$180 at mediumwatches.com.



The Hipster

Made with braided fine-gauge brass wire, the silver-plated Salus Metallic Accent Cuff in Argento is crafted in Canada. \$84, braveleather.com.



The Dreamer

Canada's Rocking Vibe offers their unisex Rise necklace, a gunmetal ball chain and black tourmaline spear, as rise-above-the-struggle inspiration. \$90 at rockingvibe.com.



The Minimalist

Can a statement piece be understated? Yes, says Mian-sai's matte black hand-made hook on its oxidized sterling silver chain. \$109 at holtren-frew.com.



The Sailor

Look to German company Paul Hewitt for time with nautical panache and unisex accessories — we love the ancuffs and phreps, too. Navy leather phrep and Sailor Line watch, \$80 and \$270, paulhewitt.com.



The Sharp Dresser

Beautiful cufflinks are a must, especially with a side of whimsy. Handmade sterling silver hockey skates, \$298, studio1098.com.



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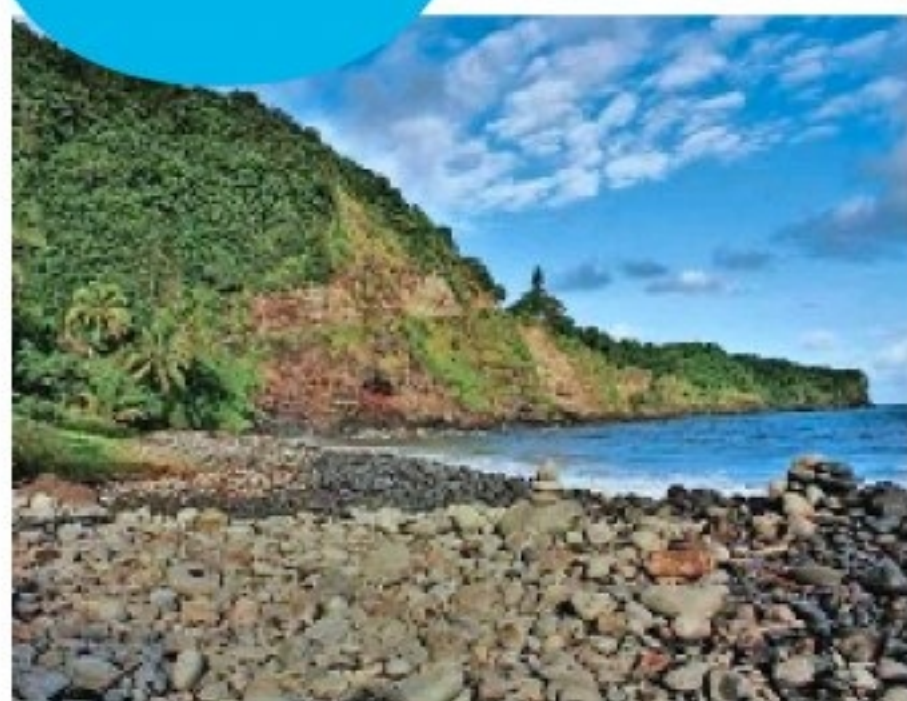
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5 AMAZING EXPERIENCES IN MAUI

From taking in coastal views to perfecting your 'moon walk' at sunset, this popular Hawaii destination has no shortage of amazing experiences. If you want to get the full Maui oh-wowee experience, check out these sweet island spots:

CHARMAINE NORONHA/FOR TORSTAR NEWS SERVICE



1 Highway to Hana

This highway to heaven offers breathtaking coastal views, waterfalls galore, bamboo forests, sweeping landscapes and terrain so lush, it'll have you thinking the grass (and foliage) is definitely greener in Maui. Rent a car and start your drive from the Residence Inn to Hana Highway. Take the coastal road way past Hana to feast on various eye candy throughout the drive. Stop for a dip in a waterfall and grab a locally sourced coffee from the cute Ono Cafe. **Details:** roadtohana.com



2 The summit of all parts

In the early '60s, NASA brought moon-suited astronauts to the Haleakala Crater to practise what it would be like to "walk on the moon." So, for this other-worldly experience, go up to the summit of Haleakala at 3,048 metres. Most folks head here for sunrise, but it's equally stunning at sunset. Bring your woolies, it's freezing at the top and you'll definitely want to walk around to capture the perfect sunset shot. **Details:** gohawaii.com



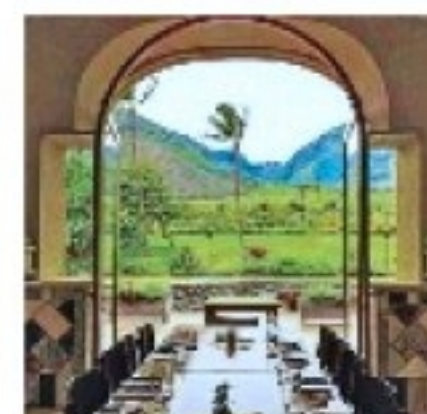
3 Mama knows best

Mama's Fish House Restaurant & Inn is legendary, and for good reason. Opening in 1973, it serves seafood caught daily, along with produce harvested daily. It's pricey, but very worth it. Its signature dish, mahimahi stuffed with king crab, is signature for a reason. At \$58 U.S. for the meal, it'll set your wallet back but your belly forward. **Details:** mamasfishhouse.com



4 Paddle the Pacific

The canoe outrigger is unique to Hawaii. Native Hawaiians and Polynesians built canoe outriggers traditionally out of one piece of wood, centuries ago, to traverse the islands and migrate from other regions to the Pacific islands. Book a tour with Hawaiian Paddle Sports, which begins its tours with an "oli," a Hawaiian spiritual chant, followed by a quick tutorial about how to paddle. **Details:** hawaiianpaddlesports.com



5 Anything but run of the Mill

If you like your food fresh, tasty and with a killer view, head to the Mill House Restaurant. Its chefs use ingredients plucked from within the plantation grounds, as well as from selected farms and suppliers. Award-winning executive chef Jeff Scheer knows a thing or two about delighting your tastebuds. If the mains don't do it for you, stick around for the pavlova or flourless chocolate cake. **Details:** mauitropicalplantation.com

BLACK FRIDAY



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Coal baron's castle now a destination

VICTORIA

Grand space built to show off owner's vast wealth

The grey, cool mist of an autumn morning briefly hides the full glory of the castle on the hill.

But the fog soon gives way to bright sunshine, and light shining on stained-glass windows spreads a kaleidoscope of colours across a decked-out 19th century dining room table.

A step inside Craigdarroch Castle is a walk back into history, when a mighty coal baron built a monument on a rocky outcrop overlooking the city of Victoria to announce his stature and prominence as one of the richest men in Western Canada.

Scottish immigrant Robert Dunsmuir never did get to live in his industrialist showpiece home. He died in 1889, months before construction was completed in 1890.

Dunsmuir's estate, valued at about \$20 million U.S. just before his death, left everything to



Craigdarroch Castle was built as a home and completed in 1890 for coal baron Robert Dunsmuir. Tragically Robert passed away before its completion so his wife Joan, three daughters and two orphaned children lived on the 28-acre estate. iStock

his wife, Joan, who moved into the castle with three daughters and two grandchildren — and an army of servants and staff to tend to their beck and call.

Joan Dunsmuir lived at Craig-

darroch (which means rocky, oak place in Gaelic) until her death in 1908.

The four-storey, 39-room grey brick edifice, with its steep red slate roof, towering peak and

seven chimneys, is a national historic site. The Victorian mansion is open to daily tours and is approaching almost 150,000 visitors this year.

President John Hughes of the

39
Number of rooms in Craigdarroch. There are 17 fireplaces in the four-storey home that 150,000 people now visit annually.

not-for-profit Craigdarroch Historical Museum Society seemingly knows everything about the castle, including some of its deep secrets.

Hughes said during a recent tour that the castle was built as a showcase of Dunsmuir's immense wealth.

The interior's white oak panelling, including the stairs, windows and doors, were prefabricated and shipped from Chicago on five rail cars. The red slate for the roof came from Vermont, and the Hawaiian koa inlays in the drawing room floor are among the castle's exotic wood finishes that include walnut, rosewood, maple, holly and oak.

Hughes points to a huge black wooden chair near the main entrance as an example of the overt displays of wealth, saying the chair cost \$200 in the 1890s

while homes in Victoria were ranging between \$300 and \$600.

Of the castle's 17 fireplaces, mostly coal burning, the huge sandstone hearth and mantel is the most impressive. Engraved in the stone across the mantel is: "Welcome ever smiles and farewell goes out sighing," from the William Shakespeare play "Troilus and Cressida."

Mounted elk, goat and deer heads are throughout the castle, another sign of wealth for the times, said Hughes, as is the massive English billiards table on the fourth floor.

Hughes said people frequently ask if the castle is haunted, which he quickly denies, but he admits to some strange goings-on.

About 15 years ago, during a movie shoot for a film starring Oscar winner Ben Kingsley called *Spooky House*, a black panther being used in the film had a major accident in the castle, said Hughes.

"It just decided to let this big stream of urine out and it got into the wood," he said. "On warm summer days, and we have a few of those here, you can often get that little bit of whiff." THE CANADIAN PRESS

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Redblacks hope this 'dog has its championship day

2016 GREY CUP

Long odds in Sunday's game don't concern Ottawa

The upcoming Grey Cup game between the Calgary Stampeders and Ottawa Redblacks appears to be a mismatch on paper.

Calgary had 15 victories in the regular season while Ottawa had just eight. The Stampeders led all CFL teams with 586 points while the Redblacks allowed more points than they scored.

Odds makers initially installed Calgary as a nine-point favourite. That number has already hit double digits at some sports books and could rise even more before kickoff.

Few football observers are giving Ottawa much of a chance on Sunday evening at Toronto's BMO Field. That's just how Redblacks defensive back Abdul Kanneh likes it.

"We're not worried about the doubters," Kanneh said Thursday. "There have been doubters all year. That's what we like. We like doubters, we like being the underdogs. We like being in that position. That way when we do beat people, we just have more people on



Redblacks defensive back Abdul Kanneh hams it up for the cameras in Toronto on Thursday.

NATHAN DENETTE/THE CANADIAN PRESS

the bandwagon."

The powerhouse West Division had four teams finish the regular season with better records than Ottawa's middling 8-9-1 mark. The Redblacks still earned the first seed in the East and beat Edmonton 35-23 in the division final.

Calgary, meanwhile, showed no rust in the West final. The

9
The Redblacks opened as nine-point underdogs.

Stampeders, who entered with a 15-2-1 mark, crushed the B.C. Lions 42-15.

Redblacks offensive line coach Bryan Chiu knows firsthand that the slate is wiped clean for the championship game. He played for the Montreal team that entered the 2000 Grey Cup as a heavy favourite, but lost to a B.C. squad that won just eight games in the regular season.

"The one thing I can tell

"We're not scared of nothing. Bring on anybody and we're ready to go."

Abdul Kanneh

you about Grey Cup is it's not a best-of-seven, it's one game," Chiu said. "The ball is not round. You've got funny bounces. It's the ultimate equalizer in championship games. The team that has the most discipline and protects the football is usually the team that comes out on top.

"We're both here for a reason. I think both teams deserve to be here. But at the end of the day, the team that plays complete and with discipline is going to win it."

Kanneh feels regular-season marks don't mean a thing at this point. Only two clubs remain in the post-season picture and both have an equal shot at the big prize.

"It's playoffs, it's win or go home," he said. "So you could be 13-and-0, you could be 21-and-0, you could be 100-and-0 or you could be 2-and-11. If you make it here, you make it here. There's a reason why you made it here."

"So it's all about that next game. Whatever you did in the past don't matter no more."

THE CANADIAN PRESS

NFL IN BRIEF

Lions beat Vikings on last-second field goal

Matt Prater kicked a 40-yard field goal as time expired after Darius Slay returned an interception 13 yards with 30 seconds left, lifting the Lions to a 16-13 win over the Minnesota Vikings on Thursday in Detroit and into sole possession of first place in the NFC North.

The Lions (7-4) have won six of seven, including two against Minnesota this month, despite trailing in the fourth quarter of every game this season.

THE ASSOCIATED PRESS

Cowboys gobble up their 10th straight victory

Dak Prescott accounted for two touchdowns, fellow rookie Ezekiel Elliott ran for a pair of scores and the Dallas Cowboys extended their franchise regular-season record with a 10th straight win, beating the Washington Redskins 31-26 on Thursday.

The Cowboys (10-1) won despite 449 yards passing and three touchdowns from the Redskins' Kirk Cousins.

THE ASSOCIATED PRESS



Ezekiel Elliott rushed for a pair of TDs Thursday in Arlington, Texas. GETTY IMAGES

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Green would do it all over again

NBA

Warriors man regrets finals ban, won't be disrespected

For five months, Draymond Green has worked to block out the unrelenting criticism that his Game 5 suspension in the NBA Finals cost Golden State a repeat championship — punishment for a fateful swipe at LeBron James' groin that swung the series for Cleveland.

It stings Green to this day that he couldn't play, forced to watch from next door at an Oakland Athletics baseball game while his teammates fought for a title without him.

Still, if James ever steps over Green again like he did in a testy Game 4, Golden State's emotional, uncensored forward knows little will keep him from responding. Perhaps not with another grab for King James' shorts,



Draymond Green GETTY IMAGES

but certainly something to let the Cavaliers superstar know he will not be disrespected.

"With the LeBron situation in the Finals, no, I didn't grow from that because I'm still never going to let someone just step over me. Now, did I learn about certain situations? Absolutely," Green said during a recent interview. "But to say somebody's going to step over you and just walk over the top of your shoulder and you're not going to react, I'm not perfect enough as a person to say I'm not going to react."

“

I didn't grow from that because I'm still never going to let someone just step over me

Draymond Green on the LeBron James incident from Game 5

Green is about as real as they come in big-time sports, and this season, his steady, versatile and unselfish game has allowed the Warriors to blend Kevin Durant right into the mix.

While a series of off-season incidents forced Green to take some accountability, the man who made it out of Saginaw, Michigan, will never feel the need to explain his on-court actions. Green doesn't expect fans to understand his in-game antics, "because I know they probably don't have a passion about anything near as much as I care about this." THE ASSOCIATED PRESS



SOCCER INTER MILAN KNOCKED OUT OF EUROPA LEAGUE

Hapoel's Ben Bitton, left, vies for the ball with Inter Milan's Yuto Nagatomo during their UEFA Europa League group K match on November 24 at the Turner Stadium in the Israeli southern city of Beer Sheva. Inter surprisingly lost 3-2 on the night eliminating them for the competition. GIL COHEN-MAGEN/AFP/GETTY IMAGES

SOCCER IN BRIEF

Brazil closes gap on Argentina in FIFA rankings

Brazil has risen to No. 2 in the newest FIFA rankings behind Argentina, with South American teams taking three of the top four spots.

World Cup champion Germany dropped one spot to third place, while Copa America champion Chile climbed two to No. 4. Canada dropped to 118.

THE ASSOCIATED PRESS

Rooney stars in United win

Wayne Rooney surpassed Ruud van Nistelrooy as Manchester United's all-time top scorer in European competitions on Thursday, leading the English club to a 4-0 win over Feyenoord and keeping it alive in the Europa League.

United reached nine points and is only one behind Group A leader Fenerbahce, which defeated Ukraine's Zorya Luhansk 2-0 in Turkey. Among the other results elsewhere Schalke defeated Nice 2-0 to also stay comfortably ahead in Group I, and Group H leader Shakhtar Donetsk routed Konyaspor 4-0.

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RECIPE Nicoise Pasta



PHOTO: MARY WISNEY

Ceri Marsh & Laura Keogh
For Metro Canada

This pasta leans on ingredients you've got in your pantry.

Ready in 25 minutes

Prep time: 5 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

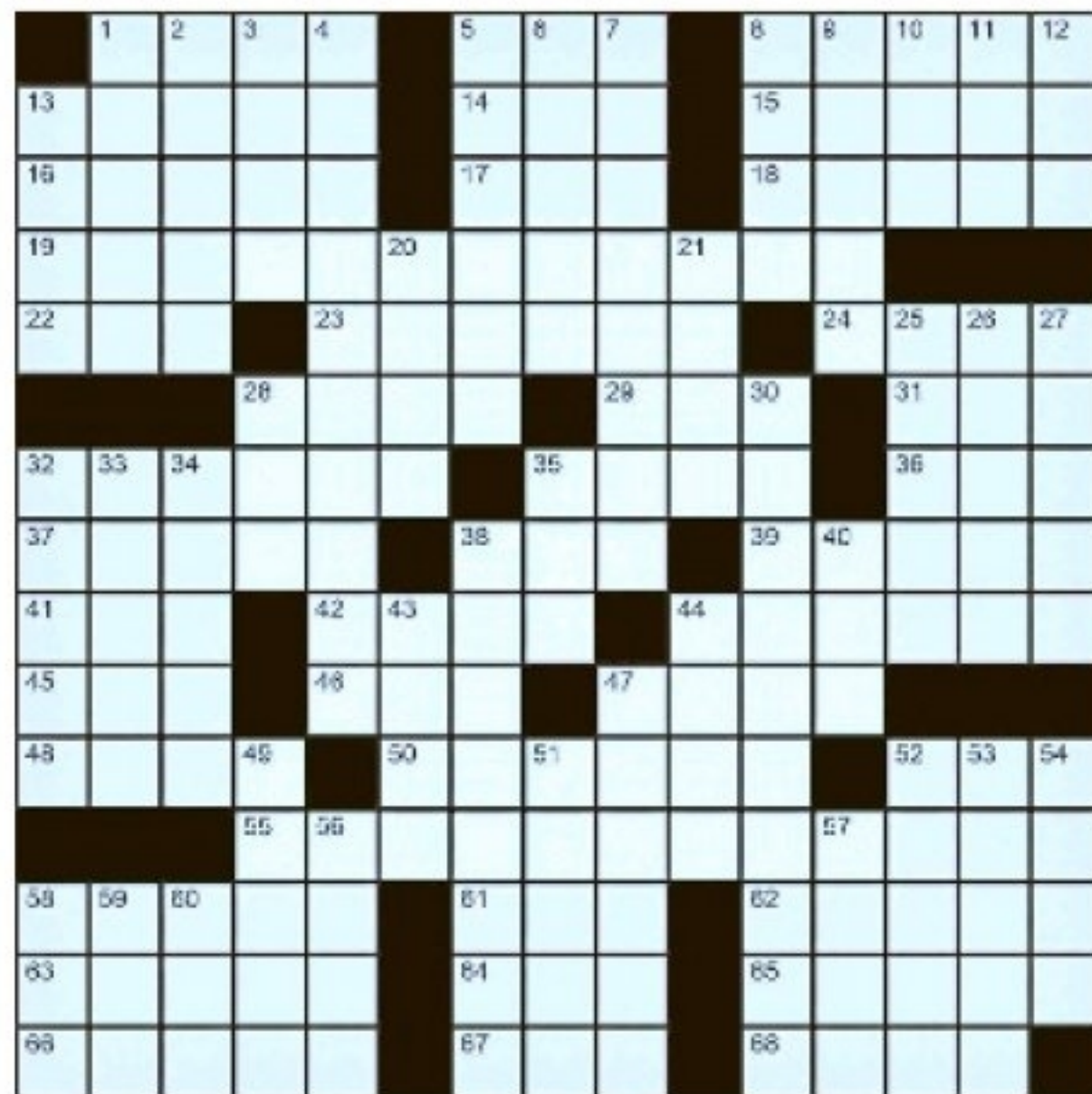
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CROSSWORD Canada Across and Down

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ACROSS

- Pond organism
- Economy stat.
- "SCTV" character Ms. Prickley
- Bunch of bees
- hEARer
- Ms. Osmond
- "_ _ _" (Laura Petrie's classic TV catchphrase)
- Fish story
- One saying "Eww, gross," say
- Celebrity chef on Food Network Canada (More at #4-Down!); 2 wds.
- Archaic-style suffix
- "_ _ _ Alive" by The Bee Gees
- Morns-following times
- Pre-1917 ruler
- List stopper [abbr.]
- Calif. NBA team
- Towards the middle
- Ship's figurehead site
- Sleeveless desert-wear garment
- Make corrections
- _ Angeles
- Esau's biblical twin
- High card
- Gem of Australia
- Lizards like in GEICO commercials
- Mr. Beatty
- Curtains holder
- Judy Garland's daughter Lorna
- D'Urbervilles heroine
- Blue Rodeo's "Til I Am _ Again"
- Expanse



- "Go out yonder, peace in the valley..." is how this Band song begins: 4 wds.
- "Ditto over here!": 2 wds.
- Vertical opposite [abbr.]
- Valerie Harper sitcom in the 1970s

- _ green
- Traveller's lodging
- "Egads!"
- Did some office work
- Zoologist's 'foot'
- Suffix with 'Game'

DOWN

- Not _ _ (Not at all)
- Northwest Territories official tree, Tamarack _
- David who played Joe Gerard on #62-Across
- Prince Edward Island's resident Food

- (Honour/role for #19-Across)
- Actress, Sarah Michelle _
- Meadows flower
- Provincial leaders
- Eject, as energy, for example
- Country house in Russia

- Vex
- Fasten
- Feminine pronoun
- Roughly
- And others, commonly: 2 wds.
- Van Morrison's "the Mystic"
- Singer, Roberta _
- No-no
- _ of beef (Carnivorous portions)
- _ can
- Canadian historical/wartime artist, _ _ (b.1869 - d.1951)
- Stood for something in a statement
- Host an event
- "Mr. _ Goes to Town" (1936) starring Gary Cooper
- Washington insider, wee-ly
- Title for addressing a Peeress
- Perform
- Apple or pear, in botany
- Swallow soundly
- Studies
- Cook's need
- Gleamed
- "_ on the Water" by Deep Purple
- Downy duck
- Santa _ (Hot winds)
- Tilled
- "_ _ _ the jackpot!!!"
- Witty word
- English cathedral city
- Point

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might have some kind of disconnect with a friend or partner today due to jealousy or passionate feelings for a boss or an authority figure. Indeed, this is a tricky day. Tread carefully!

Taurus April 21 - May 21
Your work routine will be interrupted today. Just expect this and accept it. Meanwhile, discussions about politics, religion and racial issues will be fervent. Oh yeah.

Gemini May 22 - June 21
Parents should be vigilant with their children today, because this is an accident-prone day for kids. Meanwhile, intimate relations are intense and passionate.

Cancer June 22 - July 23
Equipment might break down today, small appliances might be troublesome or minor breakages could occur. This might trigger intense discussions with a partner or a close friend.

Leo July 24 - Aug. 23
Pay attention to everything you say and do today, because this is an accident-prone day for you. You might blurt something out and later regret it, especially at work. Oops!

Virgo Aug. 24 - Sept. 23
Keep an eye on your money and possessions today, because something untoward might affect them. Meanwhile, romance definitely is hot and heavy! Mamma Mia!

Libra Sept. 24 - Oct. 23
You feel passionate, impetuous and impulsive today, which is why anything might happen. In particular, you have strong feelings about something happening at home.

Scorpio Oct. 24 - Nov. 22
You might be obsessed with an idea today. Whatever it is, you can't get it out of your mind. Be careful that this does not cause problems at work. Take a breath and step back from things a bit.

Sagittarius Nov. 23 - Dec. 21
Your desire to buy something might be impulsive today. In fact, your financial decisions in general today are a bit one-sided. Try to see both sides.

Capricorn Dec. 22 - Jan. 20
You might have a reaction to parents and bosses today. They have their differences, but you want recognition for your ideas as well. And why not?

Aquarius Jan. 21 - Feb. 19
A secret love affair might get out of hand today. (Heavy passion!) Could that be why this is an accident-prone day for you? Think before you speak or do anything today.

Pisces Feb. 20 - March 20
You have strong feelings for a friend today. Nevertheless, keep your mind on money issues as well, because something could go wrong here. Guard against loss or theft.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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